FIRST STEPS IN TRUTH

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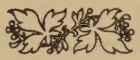
First Steps in Truth

Being the Outline of a

Course of Lessons for Children

Contributed by Teachers in the California Homes of Truth



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FIRST STEPS IN TRUTH

This framework is intended for teachers who understand the principles of Christian teaching and healing.

Lesson One

Open by singing from *TRUTH IN SONG,* No. 73.

First Step, Building

Where does a builder begin? (The children to answer.)

FOUNDATION: Principle, God.

BEGINNING or source, origin, etc.

GOD IS GOOD and God the Good is Omnipresent.

THIS POWER or Principle is changeless.

PRINCIPLE: In music. In mathematics.

MANY METHODS, BUT ONE PRINCIPLE

Where do we see God? (The children to offer answers.)

IN NATURE and everywhere expressed.

BEST in our hearts.

AS BUILDERS we will choose some of our foundation stones.

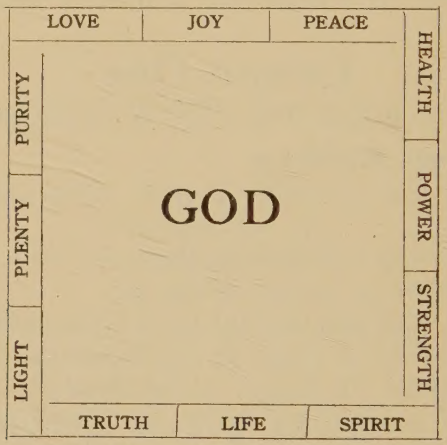
Ask the children for some; put God in each; drawing the bricks on the blackboard and then transferring them to the foundation, thus:

POWER STRENGTH

LIGHT PLENTY PURITY

PEACE JOY HEALTH

LOVE LIFE SPIRIT TRUTH



TRUTH IN SONG, No. 76.

Second Step, The Truth about Children

CHILDREN OF GOD made in His Image and Likeness.

THEREFORE we are really ? ?

(Get the children to answer by suggesting healthy, fearless, loving, etc.)

JESUS CHRIST. His love and service for parents and children.

"Suffer (permit) little children, and forbid them not, to come unto me: for of such is the kingdom of heaven."—*Matt. 19:14.*

"Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein. And he took them up in his arms, put his hands upon them and blessed them."—*Mark 10:15, 16.*

DESCRIBE this perfect little child which Jesus had in mind, as (1) trusting, (2) innocent, (3) ready to learn, (4) obedient, (5) willing to be guided, (6) knowing no evil, (7) pure, (8) honest, etc.

Third Step, Expression

What are we here for? (The children to give answers.)

TO EXPRESS GOD, the best and highest.

In what way can we express God? (Ask the children.)

FINISH WITH SILENCE, the thought being:

God works through me.

I am happy. I am healthy.
I am holy. I am wise.
I am pure. I am loving.

Amen!

TRUTH IN SONG, No. 79.

Lesson Two

SUBJECT: THE REAL AND THE UNREAL.

Open by singing from *TRUTH IN SONG*, No. 46.

SILENCE, holding this thought: *I am a child of God so I express health.*

FIRST, review the three steps:

1st. Principle, Foundation—God.
2d. Truth about children.
3d. Why are we here?

LET US be gardeners today.*

WE KNOW only the Good is Real and True.

BUT THERE are appearances, not the Truth; look right through them.

DENY THEM; erase, sweep up, or pull up, as weeds in a garden.

JESUS SAID: "Every plant which my heavenly Father hath not planted shall be rooted up."—*Matt. 15:13.*

IN THEIR PLACE plant good seed:

HEALTH=God, in place of seeming sickness.

LIFE=God, in place of seeming death.

JOY=God, in place of seeming sorrow.

PLENTY=God, in place of seeming lack.

LOVE=God, in place of seeming hate and unhappiness.

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*Have a child *prepared* to tell Frances H. Burnett's lovely story, "*In the Secret Garden*," or her story of "*The Land of the Blue Flower*."

READ JESUS' parable of "Tares and wheat,"—*Matt. 13:24-30,* or "The Sower,"—*Matt. 13:3-8, 18-23.*

EXPLAIN "tares," as errors, and "wheat," as the good of God.

THUS WE become good gardeners and healers.

Sing from *TRUTH IN SONG,* No. 71.

SOME GOOD seeds to plant in our heart garden:

Plants are symbols:

SYMBOLS.	*REALITIES.*
ROOT	LIFE.
LEAVES	HEALING.
OAK	POWER—STRENGTH.
EVERGREEN TREES	IMMORTALITY.
OLIVE	PEACE.
ROSE	LOVE.
MYRTLE	MEMORY.
PANSY	KIND THOUGHTS.
LILY	PURITY.
VIOLET	MODESTY.
HELIOTROPE	DEVOTION.
DAISY	INNOCENCE.
IVY	FRIENDSHIP.
GOLDEN ROD	PLENTY.
WISTARIA	SPIRIT.
CHRYSANTHEMUM	TRUTH.
CARNATION	MOTHER-LOVE.
SUNFLOWER	CONSTANCY.
LILAC	SWEETNESS.
BLUEBELLS	JOY.

THERE ARE some beds in the garden, where no denying has to be done. Why?

SOME DAY this world, God's Garden, will all be like this.

BECAUSE nothing but Good, Perfect Seed, has been planted.

IF WE SOW sweet peas, shall we get pansies? If we sow onions, can we expect carrots?

If we plant thorns shall we get grapes? and thistles, figs?—*Matt. 7:16.*

"Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits."

THEN AS we think seed-thoughts of health, the result is health, etc.

OUR GARDEN TOOLS are faith, love and understanding.

THE SUN that warms the seed stands for the life-principle, and the water for service.

SILENCE, the thought being: *I am a child of God so I express health.*

CLOSE BY singing from *Truth in Song*, No. 20.

Lesson Three

Subject: FAITH.

Open by singing from *Truth in Song,* No. 62.

SILENCE: *I have faith in God. I have faith in Man. I have faith in my Self.*

Tell story of Disciples and boy who was not healed and read Jesus' answer.—*Matt. 17:14-21.*

Emphasize the 20th verse.

QUESTIONS: How can we rid ourselves of unbelief in God?

What is the faith of "A grain of mustard seed?"*

Show the children that it grows from the inside out by making good use of the knowledge that God has placed in its tiny heart. Draw inference.

Jesus said, "Except a corn of wheat fall into the ground and die (to self) it abideth alone; but if it die (yield to selfless service), it bringeth forth much fruit."—*John 12:24.*

QUESTIONS: (1) Of what use is the seed if it be not planted? How then will it grow?

(2) Where do we plant our seed thoughts?

PERFECT FAITH

What is faith? Why is it so good and so powerful?
What did Jesus Christ do with faith?
What did Daniel and David do?
Is any one too young to use it?

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*Have some mustard seeds present and point out the fact of their smallness. Observe that the seed yields trustingly to the good in earth, water, sun and air for its unfoldment.

ILLUSTRATION: The faith of a little maid.—*2 Kings 5.*

Or illustrate by having two candles, one large and the other small, of the Christmas tree variety. Strike a match (the divine spark), touch it to the small one. Ask which one is now the better of the two when taken into a dark room. Show how the little one may give light to the large one by touching its wick. Compare this to the little girl who gave her light and faith to the powerful Naaman.

Sing from *Truth in Song,* No. 29.

ALL FAITH is in God's power.

"I can of mine own self do nothing."—*John 5:30.*

Always have faith in God, not sometimes when it seems easy because everything is bright.

Place faith first in God and then in the God-self.

WHY IN SELF?

An open door for God to express through.

Tell of Isaiah, Israel's greatest prophet. Read Isa. 11:1-10 and 35th chapter.

IF WE WISH to see these prophecies fulfilled, what must we do to weak hands? Feeble knees? Eyes of blind? Ears of deaf? Lame, etc.?

IF YOUR FAITH has been in medicine for healing; in crying to get your own way; in fighting to get even, etc., take the power and put in the Word of Truth, health, joy, peace, etc.

True faith means to know, to understand that while we are yet speaking or asking, we receive, because God is all.

FINISH WITH A TREATMENT:

With my heart filled with God wisdom, I deny all foolish doubts and affirm I am God's child, therefore I am faith.

By my faith I can do all the works of God.

God gives me all power.

Through faith in the healing power of the Spirit, I am healed and can heal.

The true faith of Jesus Christ is in me.

By this faith I can do the works of God.

I have faith in the good within and around me.

I have faith in the good in all.

The Christ within me says, "I and my Father are one."

SILENCE

Close by singing from *Truth in Song*, No. 2.

Lesson Four

Subject: THE POWER OF THE WORD.

Open with singing from *Truth in Song,* No. 75.

SILENCE: "Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O, Lord, my strength and my redeemer."

DEFINE the "Word" as God.

How God creates. Read Gen. 1:1-5.

"And God said, 'Let there be light; and there was light.' "

Six words of God:

1. "Light"
2. "Heaven, Earth"
3. "Seed"
4. "Sun, Moon and Stars"
5. "Water, Fish, Birds, Fruit"
6. "Animals, Man"

ALL GOOD AND ALL BLESSED.

MIND POWER

Read John 1:1-3. "In the beginning was the Word and the Word was with God and the Word was God."

"The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made."

SHOW HOW THINKING is the seed and power which produces after its kind.

Ask the children to tell what we must think on.

N. B.—If we wish to make a doll's dress we must think in that direction. Thinking stone, wood or geography will not make a dress.

If a boy wishes to build a boat, what must he have in mind?

These could not be expressed without mind.

TRUE AND FALSE THINKING

WHAT KIND OF THOUGHT produces sickness, health, poverty, prosperity?

An illustration can here be given of the two little sisters, one kind and the other unkind, who met a fairy disguised as an old woman who asked them for a drink of water.

The unkind one said cross words and selfishly passed by. The other gave comforting words and went out of her way to get the water. The woman was then transformed into a fairy who blessed the words of the kind little girl so that every time she spoke, beautiful pearls rolled from her mouth, while the unkind words of her sister gave forth toads.

Our thoughts build our world.
Our thoughts build our body.
Our thoughts build our home.
Our thoughts build our work.

Sing from *Truth in Song,* No. 73.

THE TONGUE

Joel says (3:10), "Let the weak say, I am strong." Why?

Let the sick say, "I am well."

Let those afraid say, "I have faith."

Practice Joel's advice and see what it will do.

Jesus says, "My words are spirit and they are life."

When Jesus said, "Be healed," what happened?

When Jesus said, "Lazarus, come forth," what followed?

When Jesus said to the storm, "Peace, be still," what did it do?

The following interesting story will form a good lesson to close with. It may be read but will probably be more attractive to the little folks if recited, as freer play will then be afforded the imagination.

A BIBLE ZOO AND ITS MOST UNTAMABLE ANIMAL

BY THE REV. HENRY S. COFFIN

James 3:7-8: "For every kind of beasts and birds, of creeping things and things in the sea, is tamed, and hath been tamed by mankind; but—"

We'll not finish that sentence just now, but go off to a menagerie first and take a look at beasts and birds and creeping things. And we won't have to walk very far to find a great, big zoological garden. It has two big black gates and a gilded fence around it, and we call it the Bible. Did you ever think what a great lot of interesting animals and birds we can find in its pages?

There are lions there—one that David killed when it attacked his sheep; another that Benaiah, one of David's soldiers, followed down into a pit on a snowy day in winter; a lot of them in the den where they put brave Daniel. There are bears in it—the bear David killed, and the bears that ate up the small boys who called Elisha names. There is a leopard over in the Book of Jeremiah who cannot change his spots; and there are the foxes that Samson treated so cruelly when he tied firebrands to their tails. There are monkeys here, which King Solomon's ships brought to him with peacocks and many other things. In the Book of Job there is a hippopotamus and a crocodile; you may not recognize them because they

are called behemoth and leviathan. There is a serpent in the first part of Genesis, and a deaf adder that the charmer cannot charm, in one of the Psalms; there is an ostrich over in the Book of Job that lays her eggs in the sand; and there are camels in Genesis and in several other books.

Now, which do you think of them all is the hardest to tame? Is it the lion that Agur calls "mightiest among beasts," or the hippopotamus, or the leopard, or one of the snakes? I don't think we've seen the most untamable animal in the Bible yet. It is kept behind white ivory bars, and there are two red doors in front of them to shut and keep the animal from being heard when he ought not to. When it is feeling well this animal is bright red. You can see him any day for yourself by standing in front of a mirror and opening the doors and bars. You've guessed him now: "the tongue can no man tame."

And why do you suppose the Bible thinks it the most untamable beast? Leopards have sharp teeth and can bite; but the Bible says that some people's tongues are sharper than a razor. Snakes can poison; but so can some tongues that whisper bad things into our ears. A crocodile can lash with its horny tail; but Eliphaz speaks to Job of "the scourge of the tongue." Ostriches can run very fast, and it would be hard to catch one of them; but a Psalmist says of some people he has known: "Their tongues walketh through the earth." "How absurd!" you say, "tongues can't walk; they have no legs." Well, you tell something you hope nobody will repeat, and see whether it does not seem that the tongues of those who heard you have legs to walk and run.

Do you think that your own tongue is tamed? Does it never say anything that hurts? Does it never run away with you? Does it never say what you don't mean?

And if no man can tame the tongue, must we let our tongues remain wild?

There is some one who can tame the tongue and make it say just what he wishes, and keep silent when he will have it say nothing. One of the Psalmists teaches us this beautiful prayer to the Great Tamer of Tongues: "Set a watch, O Lord, before my mouth; keep the door of my lips."

—*The Outlook.*

SILENCE: Set a watch, O Lord, before my mouth, keep the door of my lips.

Close by singing from *Truth in Song*, No. 29.

Lesson Five

Subject: PRAYER.

Open by singing from *Truth in Song,* No. 14, "Sweet Hour of Prayer" (can be sung to No. 13).

SILENCE: I open my soul to receive God's blessing, I am receptive to the good.

Close by singing No. 23 three times.

TEACHER READS from Bible, Mark 11:24.

Three points to be considered { Pray / Believe / Receive

(1) Prayer is a strong desire or wish which is directed to God for fulfillment.

A TALK ON the wisdom of right choice, desire and wishing will here be found helpful.

An excellent illustration will serve, by telling or reading Mrs. Annie Rix Militz' inspired story for children, "Wonderful Wishers of Wishing Well."*

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(2) Right believing is positive faith.

We do not beg nor plead for what we know we have.

How can we know we have received all good?

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*In connection with the Los Angeles Sunday School, we have formed a Children's Club known as "The 4 W's," signifying "The Wonderful Wishers of Wishing Well."

Three guardsmen watch over and challenge the thoughts and words of each member. They are: Is it kind? Is it true? Is it necessary?

If you desire instructions regarding the opening of a club of "The 4 W's" in your district, address Mrs. Clara G. Bowles, 235 N. Alvarado St., Los Angeles.

By seeing that God the Good is everywhere.
True prayer is filled with praise, joy and thankfulness.

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(3) Receive. Overcoming all impatience and temptation to disappointment, we know with certainty we have received our good, and will express it outwardly.

The good within will always manifest as good without, this is the law.

PRAYER SONG

Sing to tune Hursley in *Gospel Hymns.*

God is my help in every need.
God does my every hunger feed.
God walks beside me, guides my way,
Through every moment of this day.

I now am wise, I now am true,
Patient, kind and loving, too;
All things I am, can do and be,
Through Christ, the Truth that is in me.

God is my health, I can't be sick,
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

For extended teaching on the prayer of thanksgiving read from Bible, Daniel's prayer, Daniel 2:23, Hannah's prayer of praise, 1 Sam. 2:1-10, Miriam's song of praise, Ex. 15:20, 21, Prayers of affirmation, Luke 1:46-55, 67-79, Jesus and thanksgiving, John 6:11 and 11:41, 43, 44, and Matt. 14:19-21, and Paul, Acts 27:35.

SILENT PRAYER is talking with God in our own soul, seeking in love God's wisdom and guidance.

GIVE THE CHILDREN IDEAS as to how this will work out the school and play problems and assist them to express harmony, health and protection.

Jesus said, "When thou prayest enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly."—*Matt. 6:6.*

"Closet" is the within, "shutting the door" of the senses.

The children will perfectly understand this instruction of Jesus and will begin to practice it if a short explanation be given of "closet" and "shut the door."

THE OLDER CHILDREN can be taught "The Lord's Prayer" and the tiny ones such prayers as those found in "Wee Wisdom," Unity School of Christianity, or "Happy Prayers for Children," Master Mind Pub. Co.

Books recommended for teachers and parents: CHILD UNFOLDMENT, by Annie Rix Militz, and MATERNITY TREATMENTS, compiled by Harriet Hale Rix.

ALWAYS REMEMBER IN PRAYING THAT

Our Father is the All Good.

God loves us and provides every blessing for our happiness.

God is wisdom and will guide and protect us perfectly.

God is health and will heal and keep us healthy.

God is prosperity and gives us loving support.

God is joy and the comfort of our hearts.

God is light and truth and our inspiration.
God is love and will drive all fear out of our hearts.

Let the morning prayer be one of love and thanksgiving to God, and the bedtime prayer be love and blessing on all the world.

CLOSE with the Silence:

God is here,
I have no fear.
In him I rest
Sweetly blest,
God is near.

Sing from *Truth in Song*, No. 2.

Lesson Six

Subject: UNDERSTANDING.

Open by singing from *Truth in Song*, No. 46.

SILENCE: "There is a spirit in man and the inspiration of the Almighty giveth it understanding."—*Job 32:8.*

Close silence by singing No. 66, "Overshadowed." Sing once as written and next by substituting the word "Wisdom" for "Glory."

Teacher opens by reading or telling the story of King Solomon's wise choice, 1 Kings 3:5-14. Accent this by repeating Jesus Christ's rule for success: "Seek ye first the Kingdom of God and his righteousness; and all these things shall be added unto you."—*Matt. 6:33.*

QUESTION CHILDREN. Did Solomon ever regret that he asked for understanding rather than fame, riches, etc.?

Finish this section by reading his own answer, "Happy is the man that findeth wisdom and the man that getteth understanding."—*Prov. 3:13.*

"Wisdom is the principal thing, therefore get wisdom: and with all thy getting get understanding."—*Prov. 4:7.*

"Wisdom is more precious than rubies; and all the things thou canst desire are not to be compared unto her."—*Prov. 3:15.*

ONE RULE JESUS GIVES FOR KNOWLEDGE: "Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?"—*Matt. 7:16.*

ILLUSTRATION: Procure a branch of a fruit tree, strip it of fruit, flowers and leaves, and ask the children to name it, first informing them of its being a branch of a fruit producing tree. They will naturally begin by guessing, peach, pear, etc. Stop this by reminding them that they are but guessing. Soon you will be rewarded by obtaining the answer you are after and someone will say, "I do not know," and by further questioning you will bring out the lesson you are illustrating, that the absence of fruit, flowers and leaves makes it very difficult to name the branch correctly.

Now draw out of hiding a lemon and holding it to the end of a branch, again ask your question. Observe, everyone answers alike, no one doubts, questions, or guesses. The fruit has answered.

Next apply this to character, thinking, etc., and the child has a life-long lesson.

Sing from *Truth in Song,* No. 4.

SPIRITUAL UNDERSTANDING

THE BEST RULE for knowing is told in Jesus' statement, "The Holy Spirit shall teach you all things and bring all things to your remembrance."—*John 14:26.*

This is the highest wisdom that gives us the vision to see the Christ in all men and God (good) in everything. It appoints love as guide, and faith as controller of all things.

SUGGESTIVE QUESTIONS to be asked:

What is Truth's understanding of "The Kingdom of Heaven?" Where is it found? How entered?

What understanding does Truth give us of Jesus Christ?

What is our relation to Jesus Christ? To God?

What do we mean by "The Christ within"?

Where is the Holy Spirit?

PRACTICAL UNDERSTANDING

We must understand the use of shears before we can apply them to work.

An engine can only be run successfully by one who understands it thoroughly.

We must know and then do.

ILLUSTRATION: During the war a French woman had been kind to a wounded German soldier, nursing him back to life. Upon leaving her home he gave her, in gratitude, a slip of paper with a pretty picture on one side. This she pinned on the wall of her living room, thinking it only a pretty card.

Weeks after the war was over she and her children were found in a starving condition by a woman of charity, who, upon seeing this card on the wall, asked, "Why do you not exchange that for food?" To the poor woman's joy it was explained to be money of considerable worth and bridged them over the hard place. This knowledge gave them plenty.

SUGGEST WAYS AND MEANS of applying understanding to school work, play and home, to injuries, misunderstandings and pain, to disease and fear.

It is like turning on the electric light in a dark room.

FINAL MEDITATION: "I am the light of the world." Close by singing, *"God's Hand,"* No. 41.

STATEMENTS OF TRUTH

A Responsive Reading that can also be used in Sunday School work.

1. What is God?
   God is the All-Good.
2. What is the All-Good?
   The All-Good is Life, Love, Truth, Mind, Spirit, Health and Strength.
3. Where is God?
   God is here, there and everywhere.
4. Who am I?
   I am a child of God, I am the idea of God, I am the image and likeness of God.
5. Who created me?
   God.
6. What am I created for?
   I am created to manifest the All-Good.
7. What must I then manifest?
   I must manifest Life, Love, Truth, Health and Strength.
8. What is my work?
   My work is to do the work of God.
9. Where do I live?
   I live in God.
10. What is the creation of God?
    The Christ in me is the creation of God.
11. What is the Christ?
    The Christ is the Son of God. Christ is the True Spiritual Self.

12. Was Jesus the only Christ?
    No, the Christ is in each one of us.

13. Was Christ crucified?
    No, Jesus the Flesh was.

14. What does crucifying mean?
    Crucifying means, putting away the old self. "Ye have put off the old man with his deeds and have put on the new man, which is renewed in knowledge after the image of Him that created Him." Col. 3:9-10.

15. What is repentance?
    Repentance is changing the mind.

16. How do I change my mind?
    I change from believing in evil, to believing in what is True and Good.

17. What is forgiveness?
    Forgiveness is giving good for evil and giving Truth for error.

18. What is Salvation?
    Salvation is being saved—made free.

19. What am I saved from?
    I am saved from sickness and from sin, from pain and death, misery, want and every evil.

20. What is it that saves me?
    The TRUTH saves me. "Ye shall know the truth and the truth shall make you free." John 8:32.

21. What is Heaven?
    Heaven is a state of perfect happiness.

22. Where is Heaven?
Heaven is here. "The Kingdom of God is within you." Luke 17:21.

23. Must I die to go to Heaven?
No, dying is no part of my life and I am in Heaven now.

24. What is the first commandment?
"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength." Mark 12:30.

25. Is there any other commandment?
There is another which is really the same. "Thou shalt love thy neighbor as thyself." Mark 12:31.

26. Why is it just the same?
It is just the same, because it is God in my neighbor that I love; for there is no one else to love, since God is all there really is.

27. What is Consecration?
Consecration is giving myself to God. It is God who wills and works through me to do whatever ought to be done by me.

28. How do I give my lips to God?
I give my lips to God by speaking only pure and kind words.

29. How do I give my hands and feet to God?
By doing good and loving deeds.

30. How do I give my heart and mind to God?

By thinking and wishing true and loving thoughts for all. "Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my Redeemer." Ps. 19:14.

Price List, July, 1920

BOOKS

WORKS by ANNIE RIX MILITZ

	By Mail
Primary Lessons in Christian Living and Healing, paper 75 cts; cloth	$1.50
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